

# Dominique's Desk



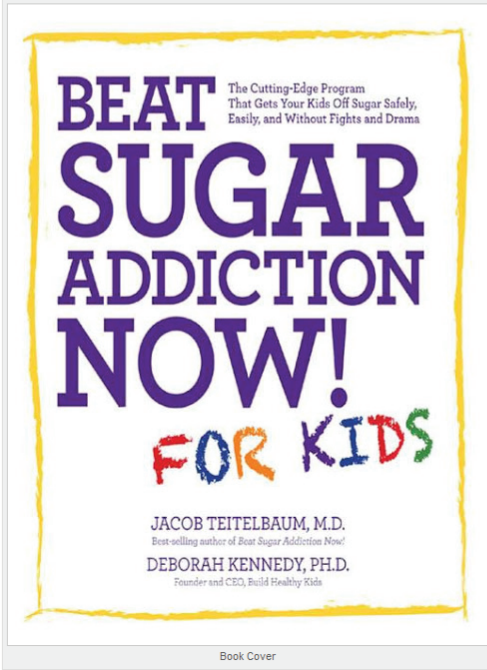
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## MAR 22 2013 Beat Sugar Addiction Now! for Kids by Jacob Teitelbaum M.D. & Deborah Kennedy Ph.D

Book Review, Parenting and Kids

by Dominique



Book Cover

Beat Sugar Addiction Now! for Kids: The Cutting-Edge Program That Gets Kids Off Sugar Safely, Easily, and Without Fights and Drama by Jacob Teitelbaum M.D. & Deborah Kennedy Ph.D.

The book starts of by explaining that many kids are having high levels of sugar intake which is beyond the recommend level. In the six chapter book parents are given the following

- A tool kit for ensuring success.
- Information on how to limit your kids sugar intake
- Revamping breakfast
- Reduce sweets and having healthy snacks
- Make over desserts
- Finding and replacing hidden sugars

There has been many studies linking a diet high in sugar to ADHD, cavities and diabetes among others. The authors recommend starting by calculating the amog of sugar your child consumes on a daily basis and work from there on how to reduce it. Once you know the among the kids take it is time to diligently reduce the among to acceptable levels.

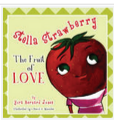
### My thoughts

I was surprised to know that a bar of chocolate candy contains more caffeine then a cup of hot cocoa. The information offered in this book isn't something new and there is no new magic formula or plan which is taught. However it does give me a clearer understanding on how sugar enters our daily diet and how I can make sure that the kids eat more healthy.

Get your copy of Sugar Addiction Now! for Kids: The Cutting-Edge Program That Gets Kids Off Sugar Safely, Easily, and Without Fights and Drama today.

Disclaimer: I received a copy of the book for review purposes. All opinions are 100% my own. This post has a compensation level of 3. Please visit Dominique's Disclosure page for more information.

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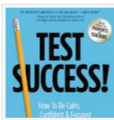
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